



# **MDOC NEWS**

**Newsletter of Manchester and District Orienteering Club**

**OCTOBER 2010**



**Lakes 5  
Summer events  
Trail-O  
A Year in Shap  
JHI & World Park Tour**

## NEWS

Club members were very much involved in the Lakes-5 week of orienteering in August. Trevor Roberts was the overall co-ordinator, and Sue Birkinshaw officially dealing with enquiries but in fact involved behind the scenes with almost all aspects of the event. The cover picture shows both of them just before the prize-giving on the final day.

In addition, Dave Mawdsley was treasurer, Grahame Crawshaw dealt with entries, Eddie Speak co-ordinated the computing, Pete Lomas was responsible for equipment, Marie Roberts for the String courses and Steve Lang shared the map printing. Many other MDOC members helped with download, computing and enquiries.

Two successful events in the Autumn Score series on Saturday mornings have already been held. Reddish Vale on 11 September attracted 24 competitors to the normal Score course, and 9 to the Technical Score course, while Woodbank Park on 25 September attracted 33 and 12 respectively to these two courses, and another 12 on the Yellow course. The next two events will be at Chorlton Water Park on 16 October and Boggart Hole Clough in North Manchester on 20 November. Chris Rostron is co-ordinating the series, with help from a number of club members.

The annual Lyme Park Charity event will be held on 8 January 2011, the same day as the New Year Social at High Lane Village Hall.

Next year's Twin Peak weekend will be held at Torver near Coniston in the Lake District on the weekend of 26-27 February. A middle distance event at Bleathwaite on the Saturday will be followed by a regional event on Torver Back Common on the Sunday. Twin Peak in 2012 will be held on the High Dam areas on May 19-20.

On 11-12 June 2011 a middle-distance event in the runnable Northern area of Macclesfield Forest will be followed by an urban event in Macclesfield town centre.

*Manchester and District Orienteering Club: Notice of Annual General Meeting*

### **Annual General Meeting 2010**

**Thursday 21<sup>st</sup> October**

**The George, Compstall**

**7.00 for 7.30**

The formal business will start at 7.30, covering the Chairman's Report, the Accounts and election of Officers and Committee and any other formal business.

This will be followed about 8.30 by a meat or vegetarian chilli supper, which is free of charge to club members. This will be followed by presentations followed by discussions on topical issues, including participation, developing talent within the club, and renewing our Clubmark accreditation.

*The George, 1 Compstall Road, Marple Bridge, SK6 1HH (GR 964907) is on the B6104 road from Romiley to Marple Bridge, just south of the bridge over the Etherow*

## PETER PALMER RELAYS 2010

*Alex McCann*

This year the British army played host to the Peter Palmer Junior Team Relays at their Chetwynd Barracks in the Midlands. The area was expected to be different and it definitely delivered a different style of Night-O for me, on first leg.



The map consisted of a large area of military buildings, an area of houses and a small strip of grassland on the edge. The whole of the area was quite small in comparison to other years, with about two thirds of it lit with streetlights and security lights, so the Night-O aspect of the competition was not as mentally tough as previous years. To begin with, the pack stayed within 100m of each other and when the first leg runners got to the open area on an uphill leg, the pack strung out into smaller groups so that when we came through the spectator control, I was with just two other people in 8<sup>th</sup> place and after the final 1.3km loop I had dropped to 9<sup>th</sup>.

Alice then came in a respectable 11<sup>th</sup>, Alistair brought us back up into the top 10, coming in very quickly in 8<sup>th</sup>. Then on Orange, Becca Humphreys brought us up to 7<sup>th</sup>. Then it was the turn of Carolyn and Matthew to race round the Yellow, Carolyn showing the way and then Matthew sprinting off. Roger then tried his hardest to hold off Jonny Crickmore for 5<sup>th</sup> place,



but by the time they came through the spectator control, the 5 minute lead Roger had started with had been whittled down to 30 seconds or so, with 3km to go. In the end we finished in 6<sup>th</sup> place and 3<sup>rd</sup> in the Peter Palmer Trophy, this was a bit of a



surprise as we all thought that we had lost it on the last leg, but the other clubs were taking part in the other two trophies of Joan George and Norwich Trophy.

The full team was: Alex McCann, Alice Fellbaum, Alistair Thornton, Rebecca Humphreys, Carolyn Hindle, Matthew Fellbaum and Roger Bryant.

## Junior Home International's Scotland 10-12 Sept (and the World Park Tour)

*Vicky Thornton*

Three MDOC juniors: Thomas Fellbaum, Alice Fellbaum and Alistair Thornton were selected to run for England in this year's Ward JHI's which was organised in the area of the Park World



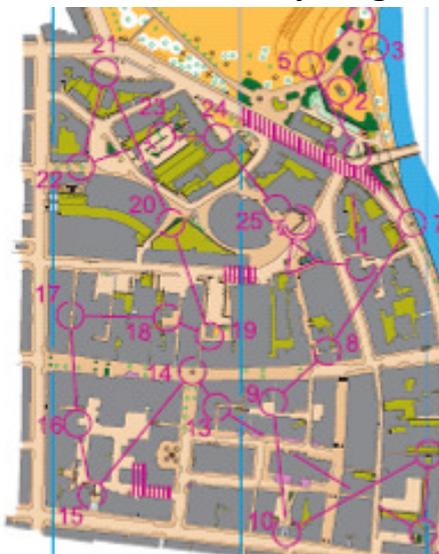
Tour. For added value and valuable experience the Friday saw all the England team and several other juniors do the Scone Sprint qualifying race, with 5 English juniors- including Thomas! - and 1 Scot qualifying for the final which meant they would be able to rub shoulders with the world's elite the following day for the urban sprint. So unlike normal, the JHI Relays were then held early on the Saturday morning. On the first 2 legs the leaders kept changing and interest mounted as to what the final positions would be. Overall England won with a combined score of 54 to Scotland's 50. Ireland was just 8 points ahead of Wales. The teams then were able to go into Perth town centre to watch the final of the Park World Tour where Thomas was able to compete! With such tight scores all the teams were looking forward to the individual day held on Sunday. With individual wins in 4 of the 6 classes - including Alistair Thornton winner on M14 - England consolidated their lead gaining 81 points to Scotland's 69 to take the trophies.

**World Park Tour Urban Sprint** Visit the website: it makes interesting reading and believe me if you want to keep up with the times take a look <http://www.scottish-orienteering.org/pwt2010/>. Gone is any the myth in my mind that these sort of events are not just as fun or just as challenging as being out in the woods... ok they are different but organized and planned properly (and this one was) they are fantastic and they are certainly raising the profile of orienteering and grabbing the attention of the general public.

The photo shows Thomas keeping a cool head while making his way from the hotel (quarantined area) round the corner where all the top athletes from round the world in the final were kept until it was their turn to start. So unlike some of us, not in the final, he had not seen the start or finish arena in advance.... so no sussing out which alleyway people were setting off down or viewing the last control. Several minutes later we were all able to see him pass through the spectator control on the massive TV screen! He came 28<sup>th</sup> (1<sup>st</sup> M18) in 18mins 1sec. Oystein Kvaal Osterbo from Norway won in 14 mins 22secs.



Athletes from over 17 countries competed in the event and congratulations were due to UK athletes Graham Gristwood, Murray Strain and Pippa Archer who all made the podium. Graham winning 500 euros for his efforts which seemed to grab the interest of the youngsters! (The men's and women's winners got 1,000 euros each).



Some of us (who had transported JHI team members) took place in the open races held later in the day after the final. Heather Fellbaum achieved the best result (i.e. 1<sup>st</sup>!) in our group of W45 ladies, coming 10<sup>th</sup> in the Women's open (same course as for the elite finalists) proving to me that some of us who have spent most of the time in the forest need to sharpen up! The winner Helena Jansson from Sweden took 15mins 20secs – Heather took 21mins 35secs.



One thing I feel I've learnt from the chatting which I like to do! ... is that I think it would be a good idea if a completely blank map showing the position of the start triangle was displayed at the start for all competitors to see in advance. The purpose of this suggested improvement would be so when you snatch up your map you don't stand stationary at say an alley junction spending valuable time trying to spot the triangle on the map...i.e. you would know which area of the map to look at to find it. It took two seconds in Thomas's case to find the triangle... it felt like eternity in mine and plenty of others case! A couple of elites ran the wrong way while searching and had to double back through the start not good if you then bump straight into the competitor starting 30secs behind you! I don't believe "spot the triangle" should be part of the contest – it would be fairer without those valuable seconds wasted.... planner of next year's urban race in Macclesfield please take note?!

## COMPASSSPORT CUP – FORMBY

We had an excellent turnout of members from the club for the postponed first round of the CompassSport Cup at the MEROC event on the sand dunes of Formby on Sunday 12<sup>th</sup> September. A fine sunny day and well-planned courses on a very technical area made it an attractive event, and many club members had very good runs. The five clubs competing in the Cup competition were very close in points, and we achieved an excellent result. However we weren't quite able to match Deeside in terms of total score, and they will be going on to the final. The final scores were:

### CompassSport Cup

DEE	2236	LOC	2168
<b>MDOC</b>	<b>2204</b>	WCOC	2131
SROC	2181		

### CompassSport Trophy

PFO	1256	POTOC	802
SELOC	1250	BARRO	571
BL	1231	ERYRI	276



*Tony Wagg and Sara Anderssen running in to the Finish*

We were strong in the Open class, with good runs from Liam Corner, Steffan North, Steve Lang and Paul Watson, but the first four places in that class went to DEE runners. In the Women's Open, Jane McCann and Sara Anderssen scored valuable points, but again DEE were well ahead. We beat DEE on the Blue, Green and Green Vets classes, with particularly good runs on the Blue course from Roger Bryant, Tim Martland, Alex McCann, Warren Mason, Tom Horton and Steve Dempsey. On the Green courses, Rebecca Humphreys, Jillyan Dobby, Kate Bryant, Cliff Etherden, Peter Ross, Tony Wagg and Ian Watson all scored for us, and Irene Crawshaw, Andrew Gregory, Rae Lomas and Julie Brook on the Green Vets. On the junior classes we had no scorers on the Light Green or Orange Men's class, But Carolyn Hindle had a good result on the Women's Light Green, and Laura Hindle also had a good run on the Women's Orange course.

The scoring system is quite complex, and seems to change every year, but basically the best 25 scores are taken, with restrictions as to how many from each class and how many men and women are counted. Names in bold type are those who scored.



*Tim Martland finishes strongly while John Britton and Steve Fellbaum compare notes*

Open

<b>Liam Corner</b>	6	95
<b>Steffan North</b>	8	93
<b>Steve Lang</b>	10	91
<b>Paul Watson</b>	21	80

Women Open

<b>Jane McCann</b>	9	84
<b>Sara Anderssen</b>	13	76

Blue Men

<b>Roger Bryant</b>	4	97
<b>Tim Martland</b>	7	94
<b>Alex McCann</b>	8	93
<b>Warren Mason</b>	9	92
<b>Tom Horton</b>	12	89
<b>Steve Dempsey</b>	15	86
Dave McCann	17	85
Jim Trueman	20	81
John Britton	25	76
Alan Ogden	36	65
Trevor Hindle	37	64
Steve Fellbaum	41	60
Tony Mason	49	52
Paul Clifford	50	51

Green Women

<b>Rebecca Humphreys</b>	8	86
<b>Jillyan Dobby</b>	12	78
<b>Kate Bryant</b>	17	68
Hazel Hindle	20	62
Marie Roberts	21	60
Kath Speak	27	48

Green Men

<b>Cliff Etherden</b>	2	98
<b>Peter Ross</b>	5	92
<b>Tony Wagg</b>	11	80
<b>Ian Watson</b>	12	78
Chris Kirkham	13	76
Dave Mawdsley	18	66
Chris Rostron	24	54
Geoffrey Millan	25	52
Grahame Crawshaw	27	48
Peter Lomas	32	38
Richard Blake	35	32
Trevor Roberts	37	28

Green Vets

<b>Irene Crawshaw</b>	1	100
<b>Andrew Gregory</b>	3	96
<b>Rae Lomas</b>	5	92
<b>Julie Brook</b>	6	90
Jan Ellis	7	88
Sue Birkinshaw	9	84
Alison Doyle	11	80
Margaret Gregory	21	60

Light Green Women

<b>Carolyn Hindle</b>	5	84
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Orange Women

<b>Laura Hindle</b>	3	92
Rosie Martland	14	48

Orange Men

Matthew Fellbaum	9	68
Tom McCann	12	56
James McCann	13	52

## AN URBAN WEEKEND

*Dave McCann*

The weekend started with a short trip over the Pennines to Sheffield and the strangely named place of "The Ponderosa". SYO were staging a 2 part urban race in a relatively small area that included a piece of parkland bordered by a few tower blocks, terraced housing and some more modern housing developments, all ideal for urban orienteering.

To start with there was the prologue which for M40s was 950m of running, as fast as you could between the controls, making sure you did not punch the wrong control or miss one out (as many did). The start interval was 30 seconds which is something I've never had before but which turned out to be more than enough time to allow the previous runner to get out of sight

This also increased the density of runners on the course which in a way added to the atmosphere. It certainly didn't encourage following because there were so many places where people could punch a control (unseen) just around a corner and



anyone following risked missing the control.

Running on a scale of 1:2500 was quite a change from the normal scale and not surprisingly, the controls appeared much more quickly than expected.

Within a few hundred metres we were straight into a gaffled butterfly, control 2/6/10 on the map extract. Spotting which way to go round the butterfly was a bit tricky and as you can see, the route from 2-3 and 6-7 was similar and was another potential distraction when

leaving the control. Some friendly locals thought they were helping by pointing out where number 3 was when it was number 7 I was heading for. A hesitation after punching 7 when I thought I may not have punched it caused me to go back, punch again and then head off into the enclosed grassy area immediately South of 7 – not what was planned. In total this lost me about 1 minute which in a race with winning times of around 10 (the winner was just under 7) is a lot to lose.

The area that was used for the butterfly was really quite small, the map extract is about 250m square and demonstrates what is possible with a very small but intricate area. There must be similar areas around Manchester that we could consider using in a similar way. If you know of one that you think has potential please let anyone on the committee know. Even for training purposes it could be very good to sharpen up control flow and thinking speed.

The second part of the Sheffield race was a 2.7km race, again through similar housing and parkland. The first few controls were in the back alleys and parking areas of a fifties housing estate with many changes of direction and a fair number of underpasses through buildings which if missed cost extra time. Again, the runners who thought fastest and spotted all the options are the ones who had the cleanest runs.

SYO organised these two races very well, with a highly visible assembly and with start and finish easily accessible from the assembly area.

After the races I took Matthew and Alex on to Nottingham to join the rest of the MDOC Peter Palmer junior team for the annual early morning relay. This is described in another article in this newsletter. Even though adult helpers don't get to run and don't get much sleep it's always a good race to go to. The speed of the top teams was again impressive. MDOC came a very creditable 6<sup>th</sup> overall with a relatively young team. Roger Bryant will be too old (yes Roger it happens to us all) to take part next year. He has been a key part of the team in all the years I've been involved with the Peter Palmers, running night legs and this year running a fast final green leg, many thanks and work hard at university!

Around 9 o'clock on the Sunday morning Alex asked me if he could go to the Lincoln urban race. In a moment of weakness, most likely caused by lack of sleep I agreed. Olly Williams from DEE came along as well. We didn't have any final details and we didn't really know how long it would take to get to Lincoln. Anyway, we arrived on the edge of Lincoln and thought we must be in about the right place as we saw some runners with maps. We selected a car park and then ran/walked towards the cathedral, where we asked Chris Rostron roughly where the start was. Chris gasped that it was down the hill and pointed in an approximate downwards direction. Another runner who was clearly lost helped by sending us to a marshalled crossing and the marshall directed us to the start.

Arriving with a few minutes before the last start we found that it appeared we could not all run on the same course, due to lack of maps and the fact that Alex and Olly were not actually 16. The controller then agreed that we could (with my agreement) and we all set off on the Mens Open. I went first, fully expecting to be quickly overtaken by Olly who is a fast runner and then Alex.

Olly caught me at number 8 which was in a small maze, but I saw him coming down a hill after 17 following the route A on the map extract.

Having used the uphill stretch to plan ahead I realised he was making an error and because this is a "silent sport" I really



couldn't point this out. I punched 17 and headed for the tiny alley marked B and headed towards 18, down some steps and into a small vineyard.

Vines are grown in rows and luckily I picked the right row to go down, others were not so lucky. 19 was tricky as it was up some steps, into a building and then into a dark cellar next door. 20 was similar and really tucked away. Olly had used his speed and caught me up in this area and then left me on the way to 22.

I still hadn't seen Alex who started about 3 minutes behind me. Then up he popped at 26 having spotted an underpass that I had missed. The rest of the course was running much at the same speed, with Alex beating me to the finish by about half a minute, but beating me overall by about 4.

Lincoln can be recommended as an excellent race to go to, it has variety in the type of urban area from old to new, hills and route choices, with LOG adding well planned and organised courses.

However, in my opinion, there is a dark cloud hanging over urban orienteering. BOF insurance, however well meaning, is putting big restrictions on the type of course anyone under 16 can run. Any route that has anything but very slow moving traffic is not allowed. This puts massive limitations on planners and the result may be that courses for juniors are quite short and quite dull. This risks putting off the older juniors who don't want a 3 km park run, and their parents who don't want to take them to races like this. All M/W 16s and many M/W 14s walk to school every day and are easily capable of looking after themselves in urban races. The risk of injury is probably much greater in a traditional forest race where 16 year olds think nothing of jumping off crags and crashing through undergrowth that most of the rest of us would go round. Urban racing is a growing part of our sport and without the juniors coming through will not be as healthy as it could be. If you feel strongly about this please write to BOF and voice your opinions and get the insurance reviewed.

### **CLUB KIT**

*The club has recently received an order from Trimtex of new club Orienteering Tops and trousers.*

*We now have a good range of sizes so if you are requiring club kit please contact me either by phone (483 4332), email ([peteandrae@31chatsworth.co.uk](mailto:peteandrae@31chatsworth.co.uk)) or by post (31 Chatsworth Road, Hazel Grove, SK7 6BJ).*

*Tops for Seniors cost £30 and for Juniors £15 while trousers cost £18. All kit is heavily subsidised by the club.*

*Trimtex kit is of a high quality and long wearing.*

*Pete Lomas*

## SLOVENIA July 2010 Xtremor + 00Cup

*Vicky Thornton*

If it's adventures in the great outdoors you are seeking then look no further, this is the country for you! Slovenia... (part of the former Yugoslavia) although only the approximate size and population of Wales - 68% is forested... it has it all! The



country left us feeling so impressed that we would definitely go again.

I am talking here about the stunning scenery, challenging rugged mountains and rock faces, emerald glistening lakes and rivers of every grade, mighty waterfalls, hundreds of miles of cave systems, an interesting short coastline with a warm sea, historical towns, and most importantly



superb orienteering areas! Add to all this abundant flora and fauna (bears included), varied cuisine, good access, value for money (check out the 0 event entry prices! <http://www.xtremor.com/Default.aspx>)

including reasonable flights to places like Ljubljana, Trieste or Venice (if you want to see a bit of Italy as well), well equipped and up to date outdoor gear hire shops, etc.



and friendly helpful people.

So while Dave Mawdsley drove from the UK with Jan and Sue B three Thorntons flew to Venice to collect a hire car and the 6 of us rendezvous at a Hostel in Pliscovika for the Xtremor 3



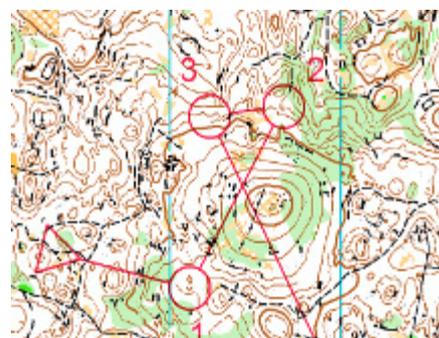
day event. This laid back "no frills" event where we walked from the hostel ten minutes each day to the same area and back allowed us to acclimatize to the karst (limestone) terrain, excellent maps, extreme heat (36 degrees! on day 1) and



frequent tick inspections which ensured that if we didn't already know each other well at the start we did by the finish!

Xtremor was, it turned out, both physical and technical and, amongst other things, we learnt that with all water in the region running underground and NO 'blue' features on the map the ability to take notice of the 'tags' on contour lines to enable us to picture the ground ahead accurately was important. Many of the contour features on the map represented what

was going on beneath us in the limestone, for example, a large collapsed cavern was on the surface a 'large bowl' and it was important to distinguish 'bowls' from hills accurately and quickly... it was no good if you found yourself running up something when you were supposed to be going down! .... something I had remembered from the Hungarian 5 days (many moons ago!) and hope to remember at the World Masters in Hungary next year (if I am fortunate enough to go).

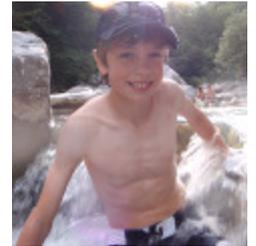


So we left Xtremor having learnt that for this complex, slow going, forested karst terrain following a bearing (without becoming totally dependent upon it) ensuring that we kept the necessary contact with the map ticking off the main contour

features (and smaller ones when necessary!) to our final attack point (knowing at all times whether or not we should be travelling uphill downhill or along a slope)... resulted in spiking controls with accuracy. (Unless there was an easier viable route available using the odd path or wall etc to reach the attack point in which case it was best to take that option). Four MDOC'ers came away with prizes so not a bad effort we thought.

We had also met Ivan Nagy, the enterprising young businessman and orienteer, who runs his own orienteering business responsible for co-coordinating events in an extremely professional manner throughout Slovenia. We enjoyed Xtremor with the challenge the area it threw at us but Ivan assured us that we could expect even better at the OOCup with different areas and more varied terrain requiring the whole range of O skills to be deployed at the right times correctly... he was not wrong!!

The six of us spent the next few days prior to the OOCup sampling some of the delights of the country visiting Piran on the coast, an



underground gorge, Lipica 'dancing' horses, canoeing on the Soca River, Triglav National Park, Mt Kanin, Bohinj Lake, Vintgar Gorge and Lake Bled. By the time the three Fellbaums and Alex McCann



(not so fresh themselves from work, school and a long journey) met up with us at the Menina campsite for the OOCup, if we weren't worn out ourselves, we were certainly warmed up!

**OOCup** What can I say.... It was all Ivan Nagy had promised and more..... 5 days in beautiful country using high quality maps with terrain varying from the technical rough karst terrain both forested and open to the less technical but much faster alpine meadows or fast forest with clutter free floors.

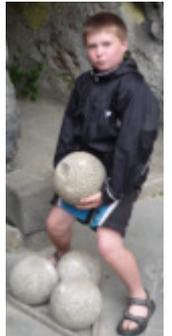




With such a variety of quality terrain on offer we learnt that the faster areas are just as tricky in that they can easily catch out the careless or complacent orienteer who fails

to change O skills/techniques to suit the terrain quickly enough or is not fit or fast enough and therefore unable to keep up. (Thanks for the tow on the last day Heather it was helpful!) Of course it is equally true that the unsuspecting, tired, less experienced or less accurate orienteer will equally be caught out when running from say alpine meadow into the more technical semi-open or forest and how useful, (with hindsight!), are the use of purposefully selected entry-attack points when entering into the edge of such areas. All of us without exception learnt a lot.

The event came to a close with a cheery late luncheon invite from Gill Dobby, Pete Ross, Ian and Graham to their house...yummy 😊 (many thanks!). We even managed to cram in a bit more sightseeing! Ljubljana would make a good destination for an urban event.... one to look out for in the future.



The only unfortunate occurrences were injuries guaranteeing “not in the plan” lifts down the mountain. To my knowledge these have repaired or are repairing well... and the odd double booking of accommodation but.... that’s another story involving some kind Norwegians and a caravan being more heavily used than expected (thanks Fellbaums’!).



So all good things come to an end. Mawdsley’s car headed for Switzerland, the Fellbaums’ flew home, the weather took a turn for the worse, Andy was injured so I was behind the (car) wheel and we headed back to Venice although if you are passing Grado, Italy stop and take a look it’s worth it. 😊

## **THREE WEEKS OF TRAIL-O** *by John Kewley*

Trail-O is a form of orienteering where you don't enter the terrain, but instead, have to decide from the path which of the visible control kites is the one on the map. The idea is that people of all physical abilities can compete on the same course. In addition to 16-20 controls like this there are time controls which are used as a tie-breaker. For these you cannot move from the decision point and are timed how long you take to make your decision. Good time control technique/discipline is key for top trail-O results.

As many of you know I have been doing Trail-Orienteering for a few years and after winning the British in Cannock was selected for GB for both the European Trail-O Champs (ETOC) and World Trail-O Champs (WTOC) this summer. Conveniently these were in consecutive weeks in Sweden and Norway respectively with the WTOC running concurrently with the WOC.

Trail-O is called Pre-O in Scandinavia and there are a few subtleties in the rules which I had to get a grasp of in my trip to Scandinavia earlier this year. O-Ringen followed Swedish Pre-O rules while the ETOC and WTOC would be strictly Trail-O conformant.

### Week 1: O-Ringen, Orebro SWE

Like British Trail-O, Pre-O in Sweden plays second fiddle to the main event so there was no organised transport to the Pre-O. There were 3 courses on offer, Pre-Elite, Pre-A and Pre-B; I entered Pre-Elite of course. 5 days of Pre-O were planned with a rest day in the middle. On the rest day I did the Pre-A course from the day before

Also on the rest day I took part in an orienteering-biathlon event where I had to do a Park Sprint-O, shoot 5 shots at a tiny target with a .177 air rifle, run penalty loops, repeat and then finish; I was disappointed that I only hit one of 5 prone shots, but was pleased to hit 2/5 standing. Note that although those attending the Daresbury Sprint Jamboree will have 5 different flavours of Sprint-O, guns will not be involved!

My results at O-Ringen were mixed. I scored 11/18 on each of the first two days and came 7th bottom and 6th respectively. My feel for the maps and the planning improved over the following days, as did my results with a 22nd, 18th and 11th, eventually finishing 18th out of 57 finishers. Most of the Swedish and Norwegian teams were there and I finished 3rd non-Scandinavian behind one each from Japan and Italy. What let me down over the week was the time controls - I got too many wrong and I decided I had to improve on this for ETOC and WTOC.

### Week 2: ETOC, Bollnas SWE

ETOC itself has 2 days of competition with separate individual Open and Paralympic classes for the 2 days and with the best 2 from 3 scoring on the 2nd day for separate Open and Paralympic teams. Only the top teams from European nations (some entered more than 1) are eligible for medals. The Nordic Team Event was for teams of 5 with both days to count and of course there was also an overall individual ranking for everyone including non-Europeans.

Day one courses were very impressive, the terrain was a semi-open felled area with oodles of boulders and our job was working out which ones were on the map and where the contours ran. Apart from knowing I had got a time control wrong I felt really good about the rest of the course. As it turned out I had got all the controls "in

the field" correct and had got just the one time control wrong. Had I got it correct I'd have had the overall lead!

There were a lot of highly experienced guys with one (or even both) time control wrong. Only a few got them correct including my GB teammate (and ex BOF President) Clive Allen. Unfortunately for him he had misread a control description and got one of the normal controls wrong. So although both of us had been so close to the overnight lead we were in good spirits for the second day and didn't have the pressure on us that we would have come with the overnight lead. Clive was in 7th and I was in 13th.

Day two was more of the same, exceptional courses and a sense of déjà vu for me as yet again I got a time control wrong with all the normal controls correct to lie in 15th position for the day. Clive went one better and got them all correct for 5th on the day and an impressive bronze medal overall in his first international Trail-O event. This lifted me to 9th overall and our two scores combined meant we had won the Silver medal in the Open Team competition behind the Swedish 2nd team.

### Week 3: WTOC, Trondheim NOR, collocated with WOC in Trondheim

I found the first day hard but fair and was fairly happy with my performance going round until the last couple of controls where I checked my watch to find I had plenty of time left. I therefore decided to double-check the last 2 very carefully just to make sure there were no traps. It therefore came as a bit of a shock just as I punched the final control to find I was over-time by just over 5 minutes. This is a cardinal sin in Trail-O and the resulting 2 penalty points pulled me down from 13th place (I had only got 1 control wrong!) to 36th: this was a stupid error and I knew it ... gutted!

On the second day I was a bit more relaxed since I knew all chances of a top 10 position had been blown and didn't concentrate as well as I should and made more errors than I should have, finishing in 19th place. Overall I was 26th which obviously disappointing. My overall 37 points was top Brit so that was some consolation.

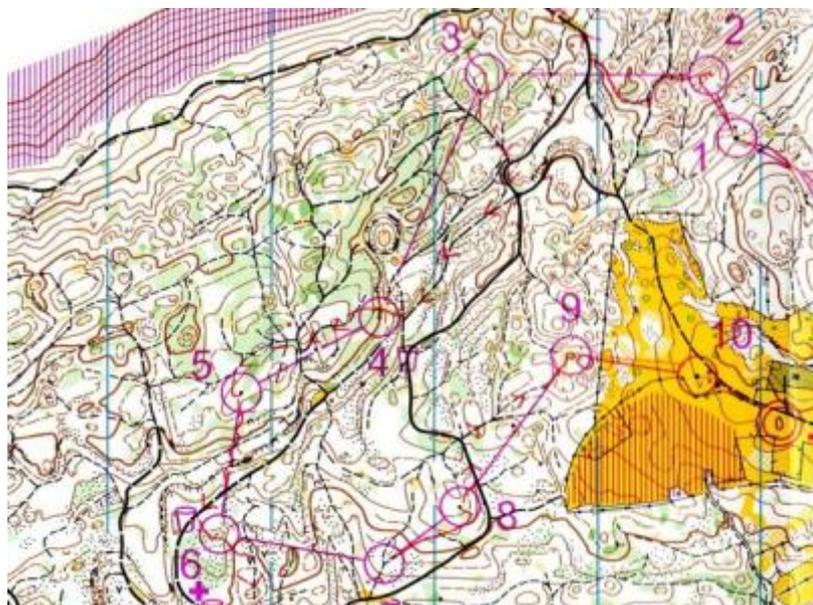
This year also saw the inaugural World Temp-O Trophy. Temp-O is the "sprint" version of Trail-O with time controls only. I had only done it twice before (2nd at JK 2009 and something like 2nd-last 2010), but my time control performance at the WTOC (3rd best) gave me some confidence. Unfortunately at the second control cluster as soon as I said one answer I realised I had made a mistake, but it was too late. That was my only mistake and it cost me the bronze medal with me ending up in 9th place. Had I taken 1/2 a second longer I know I would have got it correct, but then I would have been 1/2 a second behind 3rd. I am therefore happy that for once my time control speed was as fast as I could make it (7.5s average compared to just under 5s average with no mistakes for the winner) if I wanted to push for a top spot.

I think this was probably my first ever medal in orienteering and certainly in Trail-O since there were no prizes at all for either of the JK or British Champs Trail-O that I won. So overall a very successful 3 weeks. The challenge now is to try and maintain some momentum for next year when there are so few events in GB, my Norwegian rivals manage about 30 events a year which is probably my lifetime total after adding in the 13 events (including the training and model events at ETOC and WTOC) of this trip.

## WORLD MASTERS – SWITZERLAND

This year's World Masters' Championships was held in the Jura region of Switzerland. The sprint races were in the town of Neuchâtel, and the long distance races on a very complex limestone area. The map shows the W70A course for the Final on a moss-covered limestone pavement in a thick wood! In both Sprint and Long Distance, qualifying races determine which of from 2 to 6 finals you run in.

In both the Sprint and the Long Distance, Irene Crawshaw and Sue Birkinshaw made the A final, and Dave Mawdsley, Marie Roberts and Jan Ellis the B final. Ian Gilliver and Graham Crawshaw made the C final for the Sprint race, and Tony Wagg the C final for the Long Distance race. Sue finished a good 28<sup>th</sup> out of 60 in her final.



## LONDON CITY RACE

This year the London City Race started near the Tower of London and went across the Millennium Bridge to finish south of the Thames. Club results:

Men Open: Paul Watson 111/141. Men Vets: Ian Gilliver 77/122, Grahame Crawshaw 83, Trevor Roberts 86. Women Vets: Jane McCann 15/87, Marie Roberts 36. Juniors: Alex McCann 6/37, Tom McCann 34.

## AIRE REGIONAL EVENT CONISTONE

Short Brown	14/40	Tim Martland	Short Blue	27/29	Tony Mason
	24	Ray Humphreys	Green	6/53	Alan Poxon
Blue	61/65	Chris Kirkham		7	Rebecca
Humphreys					
Orange	5/16	Rosie Martland		51	Alison Doyle
	14	Pamela Hartley	Yellow	6/13	Ben Martland

## WHITE ROSE

Combined result of the two Regional events near Helmsley on 28 & 29 August

Brown	6/15	Jim Trueman	Green	11/142	Martin Green
Short Brown	54/88	Tom Bedwell		18	Alan Poxon
Blue	44/120	Peter Ross		36	Jillyan Dobby
	54	John Dempsey		47	Chris Kirkham
Short Green	76/117	Julie Bedwell	White	10/37	Ben Dempsey

## A YEAR IN SHAP

*Karen Parker*

We moved to from south Manchester to Cumbria last August. Currently we live in Shap but are renovating a house near Bampton and hope to move in by the end of the year. Living in the Lakes had been an ambition for many years while: we dreamt of all the opportunities we would have for running in the mountains and orienteering in challenging forests and fells. When Dan got the chance to work from home for part of each week we decided to seize the opportunity. Now that we've been here a year I thought I'd look back and see how the reality measures up to our hopes.

### **August**

Things didn't start well. Dan hurt his back while we were packing up to move and for several weeks he was struggling to walk the hundred metres to the local shop let alone get out into the hills. I was enjoying exploring lots of new places to run but was not enjoying the weather. It felt as if we had left Manchester in summer and arrived in Shap to find that winter had arrived. For the first 2 weeks I never ran without a cagoule on.

### **September**

We went to our first orienteering event: the Border Lines "Regional" event at Burnbanks less than 5km from home. We probably should have cycled there but Dan's back gave us an excuse not to. Dan walked gently round the M45S course and found having time to watch other people making mistakes very interesting. I did W21L and apart from a rather too close encounter with a large gorse patch enjoyed it a lot

A few weeks later we went to our first Cumbrian Galoppen event, at Sale Fell. These events are probably one of the things we have enjoyed most about living here. They embody everything we want in an orienteering event: very informal organisation, no need to pre-enter, no age classes, good areas, a guarantee of a course that will keep us out for well over an hour, not too many people and all this for only £5.

### **October**

With Dan now running again we started enjoying the fells properly with long runs (well sort of runs – they involved plenty of walking up hills too) at weekends. It felt amazing to have Haweswater, the Howgills and even Blencathra and Skiddaw all within half an hours drive.

### **November**

The rain is the outstanding memory of this month. The roof was taken off the house we are renovating just before the floods arrived. On one visit we opened the front door to be confronted by water half a metre deep with a wheelbarrow and tools floating in it. The builders were remarkably calm just bailing it all out with buckets and continuing their work (though later they did actually get a mechanical pump in). They were less happy about the dumper truck and digger that got so stuck in the mud that they had to be abandoned.

As future members, we went to the Border Liners 40<sup>th</sup> anniversary dinner. We'd wondered if the floods would mean it was cancelled but that's just our soft southern attitudes showing. We didn't know many people but were struck by how like a comparable MDOC social evening it felt.

## **December**

We managed a couple more Cumbrian Galoppen events though the SROC one at Whitbarrow wasn't up to standard as it had age classes and pre-entries. The weather interfered with our hopes for lots of runs in the hills over the Christmas Holiday. We went up Blencathra on Christmas Day but after that the serious snow arrived and even a 5 mile walk on Gowbarrow on New Year's Day saw us in waist deep snowdrifts wishing desperately that we had a compass. We were very impressed that the BL and WCOG fun events carried on despite the weather

## **January**

Another month of weather-related memories. For the first time in 25 years of running I almost thought about giving up for a while even though I wasn't injured. Faced with a choice of ice covered roads and pavements or foot paths knee-deep in snow running started to lose its appeal. I scared myself by running from home one morning in a temperature of about -13C and despite wearing all the thermal tops I own just getting colder and colder. It felt so frustrating to see the beautiful snow covered hills and know that without skis or snow-shoes they were inaccessible to us.

We tried to become BL members but it felt BOF were out to prevent us. Despite extensive email correspondence we still ended up with BOF cards that said MDOC.

By the end of the month the snow had gone enough to attempt the Choc-O. Unfortunately we misread one of the grid references and as well as failing to finish the course we made things worse by telling Debbie she'd made a mistake! Oops!

## **February**

Finally the snow disappeared and orienteering restarted. Frustratingly the first un-cancelled event was the Tim Watkins Trophy at Farleton Fell and as we were controlling we couldn't run. At the Compass Sport Cup match held there the previous year I'd had huge difficulty making any sense of the rock and vegetation mapping. It was very interesting to walk very slowly round the area, identifying individual boulders and trees, and realise that at that speed the map is so accurate as to make navigation almost trivial.

There was a Cumbrian Galoppen event at Ulpha Park and after lots of orienteering on open fell I felt seriously out of practise at running and navigating through rough forest.

## **March**

More forest orienteering, this time at Mitredale. Before moving up here we'd naively assumed that everywhere in Cumbria would be within easy range so we were surprised by how long it took to get to this event – however thanks to some tough terrain and bad navigation it still passed the test that we were orienteering for longer than our travelling time.

The event at Gowbarrow was a bit closer and our first opportunity to help at a BL event. Collecting controls proved far more tiring than the course I had run and as I struggled back to the car park I definitely got the sense that my prolonged absence was causing comment. It wasn't just a ploy to get out of helping in future – honest.

## **April**

It's a long time since we've been to the JK and there was even less temptation this year than usual with so many nice places to run close to home. However we couldn't think of an excuse not to go to the British Middle Distance Champs at Haverthwaite despite the fact that we don't generally like big events. I was amazed to win W45 as I normally lose comparatively large amounts of time on short legs (the course's that is, not mine) but I think the sheer number of people around looking for the same controls made a big difference.

## **May**

Evening events started in earnest. I was astounded by how many there are and on what nice areas. I made the most of the fact that I have plenty of free time at the moment by going to at least one a week. Dan, working in Manchester midweek and going to the occasional events down there, felt he's drawn the short straw as we compared his map of Delamere with mine of Lingmoor. I was impressed by the simplicity of these events. A DIY start and finish means that an event can be put on virtually single-handedly. The contrast to MDOC evening events which require a team of at least 10 helpers is astonishing.

## **June**

More evening events but a lull in weekend orienteering. There was lots of nice weather for running in the hills. We began to learn where to go to avoid the crowds and how important it is get up early if we want to park in busy places.

## **July**

So, the first year is nearly over and it's time to look back. Without doubt we're pleased we moved. Our enthusiasm for orienteering and running has been given a boost. Even after a year, weekends still feel as if we are on holiday with lots of new places to explore. We've probably been to fewer events than we would have done in Manchester but the quality is much higher. With no BL O-tops available we're still wearing our MDOC kit but are trying to buy some "X"s to glue in front of the "M"s.

## **CAPRICORN 2010**

The PFO Capricorn returned this year on a smaller scale than before, with a 3 hour score event on Pendle Hill and the neighbouring countryside. A 1:25,000 OS map was used, so the event was very similar to Andy Thornton's Countryside Score events. There were 30 controls spread around the area, varying in points value, but there was no way anyone could visit all of them in the time. The planning was good in that there was no one obvious route, and several competitors became stranded the wrong side of Pendle Hill, having run out of time.

Out of the 73 competitors, Steve Lang was 5<sup>th</sup> with 405 points, Jim Trueman 6<sup>th</sup> with 400, John Britton 17<sup>th</sup> with 335 and Tony Wagg 54<sup>th</sup> with 230.

## **GMOA - what and why**

*Sue Birkinshaw*

Someone pointed out recently that the members of MDOC and SELOC don't really understand what GMOA is all about. So here goes....

Way back the clubs had a few Permanent Courses. For MDOC the prime site was Lyme Park, and it was used extensively as Frank and Kath Rose will agree. They sent out maps in the hundreds. When Greater Manchester Council was "broken up" there was money available and our far-sighted members applied for some of it to put two Permanent Courses in each of the 10 boroughs. Pete Lomas was employed for a year to get this work done, and the whole project obviously needed managing – so GMOA was born, along with its 20 POCs. Every member of MDOC and SELOC is automatically a member of GMOA – and no-one else is allowed to be.

After 20 years the number of POCs has grown to nearly 50, the maps and courses have been regularly revamped, a website has been created, and we still don't know how many people actually USE the POCs!

The idea all along has been to keep this leisure aspect of orienteering separate from the clubs, leaving them free to concentrate on "mainstream O". You can imagine how much committee time would be spent on POC management. So a small and dedicated group of members run the GMOA functions - financial, enquiries, map printing and sales, promotion, maintenance etc. And in turn they call on the skills and goodwill of their club members as post-watchers, mappers, computer functions and so on.

For the last two years Beryl Blackhall has spent her entire life updating the courses (and was awarded the Silva Trophy for services to orienteering). She plans to finish this enormous task and then retire to Scotland. So for this year I have taken over as Chairman, and after that we will have to work out the best way forward.

The best way that the members of SELOC and MDOC can help GMOA is by using the courses – telling people that they can try orienteering whenever they want.

Go to: [www.gmoa.org.uk](http://www.gmoa.org.uk) to find out where the courses are. And if you feel you could help in any other way (such as looking after one of the POCs), I would be very pleased to hear from you.

### **FIRST AID COURSE**

A very successful Outdoor First-Aid course was held on 18-19 September at Adlington Village Hall. Two excellent instructors from Fieldskills gave a very intensive course designed for situations where you are a long way from help, and the emphasis was on keeping the casualty in a stable condition until help can arrive. The course comprised eight hours of instruction on each of two days, and included valuable outdoor exercises. Margaret Gregory organized the course and co-ordinated the catering arrangements. 15 people attended, including 11 club members: Alannah and David Birtwsitle, Alice and Heather Fellbaum, Andrew and Margaret Gregory, Tom Horton, Pat Mee, Alan Ogden, Vicky Thornton and Tony Wagg.

## NORWAY 2010 *by Alistair Thornton*



This was one of my most favourite holidays of my life the only holiday better was a holiday to America for 6 weeks. My most favourite bit of the holiday was the marsh football but I also loved the events and the training because it is so much more difficult than here in England. I think the activities after training were also very good like the diving and the BBQ with the local club. **So thank you to the North West Squad for this trip and help from MDOC.**

### PROGRAMME - NWJS NORWAY TOUR 2010

Friday 20 Aug	Depart Manchester - Arrive Skihytte + Intro
Saturday 21 Aug	Intro to Norwegian terrain - Sarpsborg Middle Distance Race, Race analysis, prep for Sunday race
Sunday 22 Aug	Halden Relay Event, BBQ at Skihytte
Monday 23 Aug	Train on Tomb, FSK training area, attack points, Swim - Fredrikstad Outdoor pool & boards, Sprint Race: Old town fort
Tuesday 24 Aug	Train from Skihytte: Control Pick, Line & Compass. GCSE results! Free time as wet & windy, Stretching session. - Halden Training
Wednesday 25 Aug	Run FSK's sprint training, timed, Maerrapanna plus Swim or rest afternoon, Fun games evening.
Thursday 26 Aug	Train on Veum from Skihytte - Visit Fredrikstad - FSK training Gillngsrod
Friday 27 Aug	Fun event, boulders, silver fruit and mini kites. Marsh games & football, Dragons Den
Saturday 28 Aug	Free time - Moss Relay Race
Sunday 29 Aug	Tour Championships - Event OK Gipen Event OK Gipen Sweden
Monday 30 Aug	Depart Skihytte 4.15am! - Arrive Manchester

### JUNIOR EUROPEAN CUP

Tom Fellbaum was selected to run for Team GBR in the Junior European cup held in Scotland in September. He was 14<sup>th</sup> in the M18 Sprint race at St Andrews University, and 3<sup>rd</sup> out of the six GB runners in that class, and 27<sup>th</sup> in the Long race at Tentsmuir, 4<sup>th</sup> of the six GB runners.

## LAKES 5

The major event of the year for the North West was the week of orienteering in the Lake District. As the main summer event in the UK this year, this attracted over 1700 competitors, particularly families. The event was centred in Coniston, where the majority of campers were based, many of them in the fields of the Coniston Sports Club, which was also used for registration on the initial Saturday.

Five main events had been planned, with an urban evening event in Coniston and three training areas. Fine sunny weather and a good-sized car parking and assembly field made the first day at Swindale very enjoyable. The long walk and steep climb to the start was compensated by extensive views in all directions. The open fellside on the course was characterised by rather vague knolls and marshes, but the longer courses reached a more detailed technical area.

In contrast the second day at Guards Wood and Tarn Hows South was a day of continuous heavy rain. Competitors walked to the assembly area from Coniston, so parking was not a problem. The area consisted of wooded hills separated by rough open areas. The features were all very definite but the vegetation was soaking wet and the slopes very slippery, and those with glasses had problems reading the fine detail on the map. Eddie Speak slipped badly, injuring his ankle, and was taken to hospital, returning with his ankle in plaster.

Unfortunately the third day at Harrop Tarn had to be first postponed and then cancelled. Ged Hagan, the organizer, reported: "The car park field has been used for regional events in the past and we were confident that it could accommodate the event. Our 'wet weather' plan was to park along the lakeside road in linear fashion. This was shared with the Safety Advisory Group and was acceptable to all.

Unfortunately the local police, who were not part of the SAG, objected very late in the day. We considered other options such as car sharing, park and ride, etc. but there was no real viable alternative. The police explained to us that they would need to use the lakeside road in the event of an unexpected closure to the A591, we had to state that if the car park field was unusable that the event would have to be cancelled. On Tuesday morning, the landowners inspected the field and decided that because they could not risk mud flowing through the watercourses into the head of the lake, they reluctantly withdrew permission to use the field at all during the week. Other late options were considered, but again were not feasible."

On the Wednesday an urban event around Coniston attracted a good number of competitors. Several courses used the town and surrounding countryside, and finished with a small maze in the grounds of John Ruskin High School.

Fortunately the weather cleared for the final two days. Caw Fell was a very complex area of detailed contours, where many people found it quite difficult to relate the map to the ground. Running was fast, once you had worked out where to go! The high field used for parking was quite dry and had excellent views, but did involve a long walk to the start and back from the finish.

Helsington Barrows on the final day was blessed with a very large combined parking field and assembly area, and the start was only just over a wall. The complex open

fell looked easy at first but required very careful concentration to keep in touch with the map. Vague contours, vague vegetation and vague paths meant that accurate compass and pacing were often the best strategy.

A large number of club members attended the event, with most of them offering their help as well on one or more days, as well as registration the first Saturday. Nearly everyone was able to run as well, although some people with particularly heavy responsibilities missed out on some days.

A summary of the results of club members is shown below. The table shows the class, with total number of competitors in that class. Then the overall position is shown, based on the best three scores out of the four days. Finally the position on each of the four individual days (Days 1, 2, 4 & 5) is listed.

M10A (12)	3 James McCann	1	mp	3	4	M60S (28)	5 Dave Bryant	3	-	7	1
	7 Jason Salathé	7	8	9	7		20 Doug Edwards	22	16	mp	20
	12 Gemma & Andrew Hayes						28 Richard Blake	-	-	-	19
		-	-	-	11	M65S (18)	15 Ted Smith	14	16	14	13
M12A (17)	13 Hector Salathé	14	10	11	16	M70L (52)	15 Pete Lomas	-	16	18	13
M14A (42)	18 Matthew Fellbaum	14	20	31	19	M75L (25)	1 Andrew Gregory	1	1	2	1
	24 John Dempsey	16	29	24	15		17 Dave Griffiths	22	14	-	3
	33 Tom McCann	31	37	36	28	M80 (7)	7 Frank Rose	5	7	6	6
M21S (34)	19 Joe Sparkman	21	22	16	23						
M35L (18)	17 Steve Lang	3	-	-	-	W12A (18)	8 Laura Hindle	12	7	7	6
M35S (14)	13 Paul Watson	8	-	-	-	W14A (24)	7 Caroline Hindle	8	5	14	10
M40L (46)	18 Edouard Salathé	17	20	20	22		16 Romane Salathé	14	19	15	20
M45L (84)	17 Dave McCann	8	32	17	23	W18L (20)	12 Stephanie Bryant	14	15	10	13
	52 Trevor Hindle	61	54	52	51	W21S (32)	8 Sara Andersson	16	6	6	13
	72 Jim Trueman	30	-	-	-	W40L (28)	9 Jane McCann	6	12	12	6
	78 Simon Proud	-	39	-	-	W40S (17)	15 Manuelle Salathé	-	16	12	13
M45S (26)	2 Steve Dempsey	6	3	3	5	W45L (53)	5 Heather Fellbaum	1	8	10	13
M50L (77)	13 Mike Hayes	11	14	21	22		33 Hazel Hindle	40	35	32	40
	54 Ray Humphreys	54	-	-	-		42 Julia Simpson	mp	15	-	20
M50S (41)	16 Steve Fellbaum	18	15	19	16	W45S (35)	28 Helen Dempsey	20	20	-	-
	26 David Dann	22	25	24	33		35 Janette Proud	-	21	-	-
M55L (80)	17 John Britton	44	18	19	15	W50L (52)	52 Pip Humphreys	48	-	-	-
M55S (38)	4 Alan Poxon	4	9	2	5	W50S (27)	4 Kath Speak	4	7	6	7
	7 Martin Green	8	10	9	7		10 Marie Roberts	12	13	12	12
	34 Eddie Speak	3	mp	-	-	W55L (53)	12 Jillyan Dobby	14	12	11	15
M60L (117)	12 Cliff Etherden	42	14	15	8		19 Kate Bryant	11	31	27	13
	28 Peter Ross	36	20	35	31	W60L (56)	26 Jan Ellis	18	35	33	22
	52 Tony Wagg	34	mp	62	50		33 Julie Brook	40	25	25	37
	54 Ian Watson	45	69	59	48		45 Alison Doyle	44	37	44	-
	69 Chris Rostron	57	87	76	58	W65L (35)	28 Rae Lomas	-	3	mp	6
	74 Dave Mawdsley	66	72	-	76		29 Irene Crawshaw	3	-	-	5
	76 Trevor Roberts	72	77	73	79	W65S (19)	8 Elizabeth Smith	8	6	9	9
	101 Grahame Crawshaw					W70S (3)	2 Margaret Gregory	2	2	2	2
		78	-	-	84	W80 (4)	3 Kath Rose	1	2	mp	-
	102 Chris Kirkham	49	92	-	-						

## LAKES 5 - Helsington Barrows



*Queue for the Start*



*Graham Crawshaw*



*Alan Poxon*



*Steve Fellbaum shares a joke with the Hindle family*



*Computing and download team*



*Margaret Gregory*